



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

"Never believe that a few caring people can't change the world"

— Margaret Meade

Hot Weather Safety

Older adults are more prone to heat-related illnesses, such as heat exhaustion or heat stroke, according to the Center for Disease Control and Prevention. Older adults do not adjust well to sudden changes in temperature, have chronic medical conditions that changes the body's reaction to heat, and are more likely to take medications that prevent perspiration or interfere with the body's ability to control temperature.

Protect your loved ones from extreme heat:

- Increase intake of cool beverages for hydration but avoid extremely cold fluids to prevent cramps.
- Avoid strenuous activities and encourage plenty of rest.
- Remain indoors during hot weather and seek air conditioning in a public place if you don't have it at home.

For a list of cooling centers in Alexandria, visit: <https://www.alexandriava.gov/health/info/default.aspx?>

Caregiver Support Group
Wednesday, August 3, 2016
4—5:30 p.m.
Alexandria Adult Day
Services Center

Resources:

More Tips to Beat the Heat: Recognize the symptoms and take action to prevent heat stroke and heat exhaustion at <https://www.alexandriava.gov/health/info/default.aspx?id=73432>

Alexandria City Fan Care Program: Seniors age 60 and older who have monthly gross incomes of less than \$1471.25 for a single person and \$1991.25 for a household of two may be eligible for a free fan or air conditioning unit. For more information or to request a fan, contact the Division of Aging and Adult Services at 703-746-5999.

To remove your name from our mailing list, please email joann.callender@alexandriava.gov
Questions or comments? Email joann.callender@alexandriava.gov or call 703.746.5999



A publication of the
City of Alexandria
Department of Community and Human Services
Division of Aging and Adult Services

August 2016